

THE BISHOPS FOUNDATION

Newsletter



MARCH 2024 (1)

Dear Friends and Benefactors

Season of Lent: During Lent the Jesuit Institute has been sending out a weekly Lenten reflection.

This week the focus is on gratitude and thankfulness. In the newsletter are these thoughts which could be helpful to us in the coming weeks.

The Psalmist asks, *“How can I repay the Lord for all the great good done for me?”* (Psalm 116). We first need to recognise and acknowledge all the good. Gratitude is a choice. We can choose to focus on being thankful or choose to focus on our worries. God has a message for us in all circumstances. Being thankful and grateful brings us into the Lord’s presence.

Look back at your life. Where has God been part of it? How have you been blessed? How have you extended these blessings to others?

“The unthankful heart discovers no mercies, but the thankful heart will find, in every hour, some heavenly blessings.” - Henry Ward Beecher



Cabrini – The film **Cabrini** is currently doing the circuit of movie houses not only in South Africa but around the world. The world was too small for what she wanted to do. Frances Xavier Cabrini was the first United States citizen to be canonized. Her deep trust in the loving care of her God gave her the strength to be a valiant woman doing the work of Christ. Refused admission to the religious order which had educated her to be a teacher, she began charitable work at the House of Providence Orphanage in Cadogno, Italy. In September 1877, she made her vows there and took the religious habit. When the bishop closed the orphanage in 1880, he named Frances prioress of the Missionary Sisters of the Sacred Heart. Seven young women from the orphanage joined her.

Since her early childhood in Italy, Frances had wanted to be a missionary in China but, at the urging of Pope Leo XIII, Frances went west instead of east. She travelled with six sisters to New York City to work with the thousands of Italian immigrants living there.

She found disappointment and difficulties with every step. When she arrived in New York, the house intended to be her first orphanage in the United States was not available. The Archbishop advised her to return to Italy. But Frances, truly a valiant woman, departed from the Archbishop’s residence even more determined to establish that orphanage. And she did.

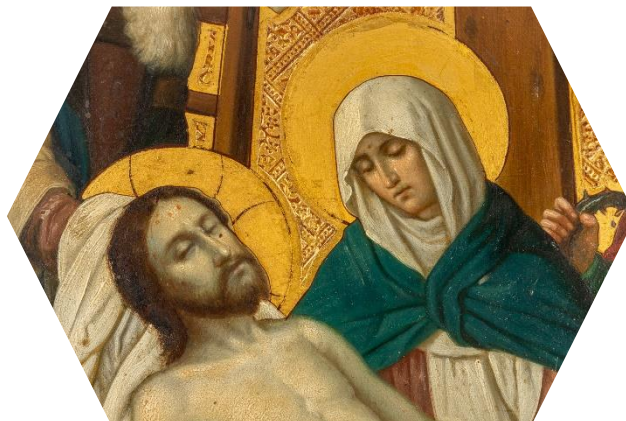
In 35 years, Frances Xavier Cabrini founded 67 institutions dedicated to caring for the poor, the abandoned, the uneducated and the sick. Seeing great need among Italian immigrants who were losing their faith, she organized schools and adult education classes. She died of malaria in her own Columbus Hospital in Chicago. (adapted www.franciscanmedia.org)

Most Sacred Heart of Jesus, thank you for the gift of life and for your servant, Saint Frances Cabrini. Fill us with the fire of your love and root in us the same spirit that animated Mother Cabrini. Renew our hearts so that we may live as she did, faithful and open to your will. Amen.

Stations of the Cross – Jesus is taken down from the Cross.

Lord, you descended into the darkness of death. But your body is placed in good hands and wrapped in a white shroud (Mt 27:59).

Faith has not completely died; the sun has not completely set. How often does it appear that you are asleep? How easy it is for us to step back and say to ourselves: "God is dead". In the hour of darkness, help us to know that you are still there. Do not abandon us when we are tempted to lose heart. Help us not to leave you alone. Give us the fidelity to withstand moments of confusion and a love ready to embrace you in your utter helplessness, like your Mother, who once more holds you to her breast. Help us, the poor and rich, simple and learned, to look beyond all our fears and prejudices, and to offer you our abilities, our hearts and our time, and thus to prepare a garden for the Resurrection.



St Joseph – 19 March



On the 19th of March we celebrate St Joseph. We remember his role in the life of the Holy Family and the important role that fathers should and do play in the lives of their families. Sadly, this is not always so but we continue to hope and pray for loving and caring fathers in our families and society.

***Heavenly Father,
you entrusted your Son Jesus,
the child of Mary,
to the care of Joseph, an earthly father.
Bless all fathers
as they care for their families.
Give them strength and wisdom,
tenderness and patience;
support them in the work they have to do,
protecting those who look to them,
as we look to you for love and salvation,
through Jesus Christ
our rock and defender. Amen.***

Praying with the Holy Father- March 2024

For the new martyrs: We pray that those who risk their lives for the Gospel in various parts of the world inflame the Church with their courage and missionary enthusiasm.

With every good wish and blessing.

Fr Hugh

“A single act of humility is worth more than the proud exhibition of any virtue”
Mother Cabrini